Tobacco Cessation
Breathe Easier at NH Pensacola

Why is going tobacco free so important to you and our facility?

Naval Hospital Pensacola went tobacco-free in November of 2010. The Commanding Officer issued a policy banning all tobacco products on any NHP properties. This action emphasizes our vital mission to providing quality healthcare at its very best, to all our beneficiaries. We all know that tobacco is bad for your health and harmful to those around you. As a leader in military healthcare we want to provide the healthiest environment for our staff and patients.

What type of resources are available to our you, our customers?

Naval Hospital and its Branch Health Clinics provide those seeking help to quit with educational, behavioral and pharmacological group or individual counseling sessions. One-on-one patient to provider care is always available. These tobacco prevention services are available to both inpatients and outpatients alike. Your tobacco-cessation trained facilitator can provide you with multiple resources and healthy connections.

To whom does this policy apply?

The tobacco free compound policy applies to all staff, beneficiaries and visitors aboard any Naval Hospital Pensacola installation, including our 10 Naval Branch Health Clinics.

For program information call…

The Deployment Health and Wellness Center at **(850) 453-6326; Ext. 4100**

How can I get connected?

It's easy…

For those staff and beneficiaries within the local area call **Family Medicine at (850) 505-6411.** This includes Whiting Field, NATTC, NASP, Corry Station and Naval Hospital Pensacola. For all others contact your branch health clinic **Wellness Coordinator.** Classes start monthly and run for 4 weeks, meeting one time per week. Get started today…let us help you quit tobacco for "life"!